

# Blueberry-Coffee Pancakes

 Vegetarian  Vegan  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 25 servings baking mix all-purpose
- 1 cup blueberries
- 25 servings strong gevalia house blend brewed
- 0.5 cup pancake syrup

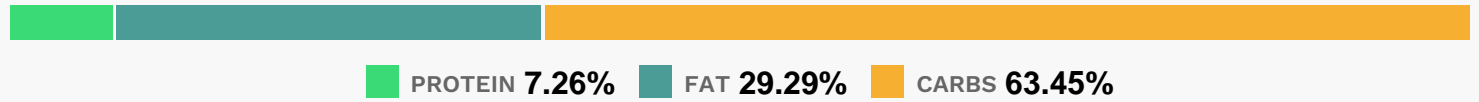
## Equipment

- frying pan
- ladle

# Directions

- Prepare batter as directed on package for 12 pancakes, substituting coffee for the water. Stir in berries.
- Ladle batter onto hot griddle or into hot skillet, using 1/4 cup batter for each pancake; cook until bubbles form on tops, then turn to brown other sides.
- Serve with the syrup.

# Nutrition Facts



# Properties

Glycemic Index:1.6, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:6.8208695280811%

# Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 1.87mg, Petunidin: 1.87mg, Petunidin: 1.87mg, Petunidin: 1.87mg Delphinidin: 2.1mg, Delphinidin: 2.1mg, Delphinidin: 2.1mg, Delphinidin: 2.1mg Malvidin: 4mg, Malvidin: 4mg, Malvidin: 4mg, Malvidin: 4mg Peonidin: 1.2mg, Peonidin: 1.2mg, Peonidin: 1.2mg, Peonidin: 1.2mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 195.59kcal (9.78%), Fat: 6.33g (9.73%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 29.86g (10.86%), Sugar: 5.25g (5.83%), Cholesterol: 1.05mg (0.35%), Sodium: 521.37mg (22.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 94.8mg (31.6%), Protein: 3.53g (7.06%), Phosphorus: 242.45mg (24.25%), Vitamin B2: 0.36mg (21.05%), Vitamin B1: 0.27mg (17.74%), Folate: 55.1µg (13.77%), Vitamin B3: 2.3mg (11.48%), Manganese: 0.22mg (10.79%), Vitamin B5: 0.96mg (9.64%), Calcium: 76.82mg (7.68%), Iron: 1.15mg (6.41%), Potassium: 186.08mg (5.32%), Magnesium: 17.59mg (4.4%), Selenium: 3.05µg (4.36%), Copper: 0.08mg (4.14%), Fiber: 0.98g (3.93%), Vitamin K: 3.98µg (3.79%), Vitamin B12: 0.16µg (2.6%), Zinc: 0.3mg (2%), Vitamin B6: 0.04mg (1.79%)